



Saving lives
Students come forward for a good cause
Page 8

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Hearing lessons
College seniors
Communicate with
and complete
Page 2

SPRING 2015 JANUARY 22, 2015

CONCORDIA COLLEGE, MISSOURI, MO

WWW.SPOKEDIGITAL.COM

SPRING 2015 - PG. 1

Women stand in solidarity

BY AN STEINBERG

On Saturday Jan. 21 the day after Donald Trump became the president of the United States, women of the world took a stand. The Women's March on Washington was by far the largest protest, with hundreds of thousands of participants.

In fact, the crowd was so large that there was no room left to march. The route had to be changed and people marched to the Ellipse as seen between the Washington Monument and the White House, instead of straight to the White House.

It has been reported by multiple sources that more people turned out to the Women's March on Washington. An estimated 500,000 there, but for the purpose of this newspaper, it is a conservative estimate.

Many subway stations and train cars were full, and railroad cars were higher than the day before. More than 270,000 people had taken trips on the subway by 11 a.m. Saturday. This was compared to 150,000 trips Friday in the same time.

At least 600 marches and rallies were held across the world, involving over a million people. Thousands of people gathered in Canada with the largest groups being in Toronto and Vancouver.

In Georgia, the crowd gathered peacefully in front of City Hall in Marietta Square. Hundreds of women, children

and men participated in their support for all the others who marched and protested against the inauguration of Donald Trump and for the rights of all people.

The warmer temperatures encouraged many to come out with their children, and the men held off although the kids were tiny. It was easy to laugh and enjoy the atmosphere. People held signs and wore pink hats and shirts with slogans. They proudly participated, applauding and cheering and supporting the women who stood in a garden to speak to the crowd for the days that.

The rally was only planned a few days before to fill a week. Many women wanted to be involved and show solidarity but were not able to attend large protests. Google is the type of city in which people support equal rights and the treatment of all and have very strong views.

Donna Wolfe and Lauren Kruck knew they wanted to protest in Georgia and decided to take action. They set up a Facebook page and started to contact people.

"We talked to Toronto and they let us use their words" and Kruck "I was all out there."

Wolfe said Kruck and friends who joke that they want to take on the world.

"I'm passionate about the community as a whole and about the rights of others. I didn't see anything happening and I knew we

could inspire people to come together" said Wolfe.

Wolfe passed out different colored markers to people who held up to sign a large handmade card that is being sent to Washington.

The front of the card read, "We stand for equality justice, tolerance for all."

Debra Hanson, who was born in South Africa, spoke to the crowd about apartheid. In 1956 over 20,000 women marched to end pass books. Black men and women at the time had to carry passes to work in urban areas. She quoted Winnie Mandela and a famous resistance song "When you strike a woman, you strike a rock," Hanson said.

Women of all ages got up to say a few words and a few songs. Two women read from a children's book. The crowd joined in and sang the folk song *If I Had a Hammer*.

A dual citizen, Amanda Hansford said she picked up her children and drove back to see in Michigan. She strongly feels that women need to speak up.

"I'm so glad we're here with all the love and positivity but also remember your anger too much as women we are told not to be angry, angry makes us ugly. We're supposed to be nice. We never had this a the time to acknowledge your anger and hang on to it, and do something with it. Don't be afraid to be such a nasty woman," Hansford said.



PHOTO BY JAY STEINBERG

A woman holds her child and a sign at the Sunlighters in Solidarity Rally at City Hall on Jan. 21.

THE CHINESE NEW YEAR BRINGS COLOUR AND FESTIVITY

The traditional Chinese dragon dance was performed at Stanley Park Community Centre in Vancouver to celebrate the Chinese New Year. The event was held by the Central Ontario Chinese Cultural Centre on Jan. 23, an day before the actual Chinese New Year, which is the most important holiday in the Chinese calendar. This year celebrated the Year of the Rooster.

PHOTO BY MARCO BARBER



Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could speak any language
instantly, which would it be?



"Baby, because I have two young girls."

James Kennedy,
second-year
business purchasing

"Spanish, because it's a nice language to listen to."

Matthew James,
first-year
computer program
analyst



"Spanish, because it's a really pretty language."

Taylor Jordan,
first-year
protective security and
investigation

"Mandarin, because it's the most popular language in the world."

Vivienne Sharples,
first-year
protective security and
investigation



"Portuguese, because my family is from there and I'd want to be able to connect to my culture."

Bernie Oliveira,
second-year
social service worker

"French. I love French because it's elegant, classy and I love Paris."

Erinella Shull,
first-year
marketing
communications



FELBERT CARTOONS



By J. A. Felbert



For more cartoons by J. A. Felbert, visit www.felbert.com

Housing issue causes anger

STUDENT VIEWS

Finding student housing close to Conestoga College can be difficult. There are reasons for these issues when looking for a place to stay you could apply in residence and live close to school, Ballwinville and Tom Hartman live in a student house across the street and with a number of other people, or stay somewhere within the surrounding area, where you could sleep in to 40 minutes to get to class.

However, a new option has been built for students just down the road from the college.

The Collegewave Commons, located at 888-Old College St. in Kitchener consists of two apartment-like units that offer a more apartment-like space. They were supposed to have study spaces and a number of amenities.

Students of building B, the only building of the two-story, are not thrilled with their experience so far.

"It is not OK what they have put us through," said Stacie Shewchuk, a Conestoga College student. "The students have been overbooked for class."

Shewchuk refers to times when students were given advice when they moved from Tom Vogel, the building manager to move there once. Two parking spaces and one parking lot were supposed to be available to students.

When on at the beginning of the September 2011 school year they were still under construction. The driveway ramp had not yet been paved and four months into the new semester the parking spaces were not yet to be finished.

On Oct. 14 2011 an email from Vogel, it was stated that the second parking lot would be completed in four to six weeks. Two weeks later, due to having to pave the ramp, students had to park on the uncompleted lot and on the road. Once the ramp was completed the students then had to move their cars onto more to the original lot. The upper level and the P1 lot are now open and have been students are not permitted to P1 and having enough parking for every second semester on campus.

"The only thing done on the ramps" and Shewchuk. "The parking spaces aren't done, they are not finished and so much to get them done. They promised us access at the end of October at the latest."

Before moving on students were promised a 24-hour fitness center, a yoga studio, a library room and a coffee bar.

"These amenities are for all 1,000 students but right now with only one tower open we have 400 students," said Alex Shewchuk, the owner of the building. "So, half of the study spaces are open and a fitness facility has been open with enough access for half of the property."

Once again students were

needed before the Christmas break saying the amenities would be complete after the holidays. However, that was not the case.

"There has been a compensation, even though many students have come forward and asked or expressed their concern," said Shewchuk.

On more so day students said there was still just one wing the rooms, applications have been a number of times and there has been a need to replace lost items and resolve due to poor quality.

The pictures they provided on the website are in the off of what they built," said a first-year student. "Conestoga technology students will be available to make improvements." "It is still a construction zone. The students aren't treated properly... the attention to detail of the construction workers was not present because the quality of the work is not good."

Construction workers said they weren't allowed to talk to the media and could not give an update on the second building. It is also closed off and no pictures were allowed inside the completed portions.

Shewchuk is not concerned about the delays in the building process, saying that it is the normal process for building a project of this size.

The second building and final parking lot are scheduled to be finished by May 2012 and students are expected to be completed within 60 days.



Photo by James St. John

A backhoe and construction material sit on site at the Collegewave Commons as the first parking lot. Construction continues under the building and is expected to be finished by May 2012.

Married couple decides to finish high school

AN AMERICAN DREAM

For most of us, the idea that everyone should aspire to finish these high school education is a given, but for many in the Minnnesota community that is not the case.

Deane has grown up in a more rural Minnesota background in which a high school education was not successful or as many men were entering the workforce. Many Minnesotans are passionate to begin work on education directly after Grade 12.

Without a high school education, the options for work are limited and most will end up working in various Minnesota manufacturing shops or on the farm. Some who find themselves dissatisfied with their limited options for work, have come to regret their lack of education. It is not too late to go back to school and get an education. Deane and Lisa Peltz, a married couple from Elmore, Minn., who came from a Minnnesota Minnnesota background don't think so.

Deane, 44, and his husband Dave, 46, have decided that now is the time to complete their high school education.

The couple have chosen a more modern lifestyle than

their parents. They live in a house in Elmore, Minn., where they have raised all of their six children. They have decided that they do not want to separate from their world as they start more traditional education here.

Today many Minnesotans are choosing to pursue their high school education but when Deane and Lisa were growing up it was very uncommon.

"It was almost unheard of. Very few people, especially from the old colony Minnesotans would go further than public school," said Lisa.

Minnesotans of more traditional views tend to avoid education for a number of reasons.

"They don't believe their kids should be educated. They want to keep themselves separate from what they would call the world," said Lisa.

While culture and tradition plays a part in why many Minnesotans don't seek higher education, another major reason may have to do with money.

"Why a lot of Minnesotans don't do more schooling, is because they want their kids working as soon as they can," said Lisa.

In many Minnnesota families

unmarried children living in the house are required to give their return income to their parents. They are provided for and may be given a small allowance, but any money they make is not their own. In some families that amount changes to 50 per cent when they get older, but until they are married they will be giving all or at least half their income to the parents.

If not providing their kids to high school, the parents stand to profit from the many years of labour before marriage.

"One of my family members said to me once, 'You're going to let your kids go to school when you could be making thousands and thousands of dollars a year,'" said Lisa.

The couple have decided to break from those traditions and don't ask their kids to give up their income, and are also actively encouraging their children to pursue higher education to work toward their dreams. As they encourage their children, they are also pursuing their own goals, and each has reasons for why they have decided to complete high school.

Deane has worked as a deep muscle massage therapist for most of his life. Deane

and Lisa have both recently had to learn to handle the work and wants to be prepared for when that happens.

"If I want to do anything beyond that, I need education and I can't take my current income. I have my high school, I see the value in education, now, because our kids have finished high school and I see the value in that," he said.

"One dream would be to become a nurse," she added.

If their six children, three have finished high school, and the rest they believe will also graduate. There are a lot of

things a graduate is looking at doing a graduate apprenticeship and one of their daughters is thinking about becoming a teacher.

"At the beginning of this our kids were in that stage. I was kind of against it because I still had my old mentality. I think it is not an option now for them and to go into the workforce," said Lisa.

Deane, who currently stops after working as a Minnnesota metal finishing shop for more than two decades, now really sees the value in education.

"For myself it is between now or never to get a good job. You are required to get high school and your pay might

even be better. I'm not young anymore but there is a possibility I could go to college now, get, finish off the high school."

Lisa and Deane aren't just doing it by themselves though. Through their local church they are leading a group with two other young people who would like to finish high school as well. They will be going through a program called Prior Learning Assessment and Recognition (PLAR) and at the end, the goal will be for each of them to obtain their high school diploma.

Deane and Lisa have some advice for those who might be thinking about not finishing school.

"I say you are going to be hard, but don't quit. Don't give up. For myself, I have regrets now. So if you don't do high school then you'll have regrets later, you can save yourself that," Lisa said.

"If you do it now while you're still in school and finish off so much easier. If you wait until you're 40 you're in life whatever you learned before you're forgotten. So the learning is never as hard as being in there it will be worth it in the end," Lisa said.



PHOTO BY JESSICA PETERSON

Deane and Lisa Peltz are sitting out together to obtain their high school diploma.

CELEBRATE THE EHE



PHOTO BY JESSICA PETERSON

Catherine Wilton, business and hospitality programs co-ordinator, displays an electronic from 2017 poster. The event, hosted by Cornerstone College, will be held Feb. 6. For more info, go to www.apkocanada.com

Safe spaces and cool crafts

IN CRAFTY FORM

Having a setting where people can be themselves is important, if not crucial. One lovely Quinsboro group believes that idea, putting their own creative spin on their weekly get-togethers.

Quinsboro is one of the many groups that SPECTRUM, Western Niagara LGBTQ services and community organization, has to offer. It's an LGBTQ crafting group whose members do hands-on activities, from knitting and crocheting to woodwork projects and something as simple as coloring with a pencil.

"There was a lot of interest. We actually started this club at Wellness, which was a yoga shop that used to be the King Street," said Donna Murphy, Quinsboro's group leader. "There's lots of knitting and crocheting groups around, but I often find that I don't really fit. A lot of the time they're straight, married ladies who just knit hats. You don't have a lot of things in common with the kinds of people who go to these."

Groups like Quinsboro are helpful to LGBTQ members who might be struggling from isolation, mental health or other issues. Those who decide to drop in at the meetings have an obligation to drive into deep conversations. It's acknowledged as a less intimidating, "Murphy said. "I think it's really valuable to have those sorts



Donna Murphy, Quinsboro group leader, poses with a knitted toque in her right hand and a knitted bookmark in the left. These crafts are made by Quinsboro members at meetings and are sold to support the group.

of things because it allows us, especially when we're isolated or new, to be able to have a social group or activity-based group, to be able to come and just sit at my own table like that and to have that safe place to help reduce isolation."

Quinsboro Collective, was LGBTQ clubs led by Stephanie Oliver, also believe in LGBTQ safe spaces.

"The LGBTQ community still faces a lot of discrimination and hate," said Oliver.

"To be strong religiously, emotionally and socially. I think that these spaces are vital so that LGBTQ friends and allies have somewhere to go when things don't seem to be going right. Everyone wants to feel accepted. When we feel accepted, we become stronger. These spaces will clearly break discrimination."

Oliver said LGBTQ safe spaces give people a chance to meet new people who are similar to themselves and to gain knowledge from those around them. For Murphy, having LGBTQ safe spaces are also a way to give people a lightbulb moment of importance and not feeling isolated.

Quinsboro gathers every Tuesday from 6 to 8 p.m. at 364 Duke St. in West Kingston. Visit bit.ly/Quinsboro for more information or to find the Quinsboro Facebook group where updates and conversations are posted.

A complete list of the groups that SPECTRUM offers can be found at www.spectrumniagara.com. Some of the groups include LGBTQ Outdoor Recreation Group, Trans Peer Support group and a SPECTRUM Knitting Circle.

"We're a queer arts network, not a queer club, a creative safe space based in queer art forms," Murphy said. "It's really important to us to have this space for art where people can come and just be. It's a really simple thing but it's a really powerful one when you walk through the world with that sense of liberation."

LGBTQ2+ WELCOME NIGHT

Come meet our community and new friends
All are welcome! Pinos, Food, Jeopardy!

When: Tuesday, January 31

Where: Coz-E-Corner Cafeteria (1E04)

Time: 6:30 pm - 8:30 pm

Questions?

✉ studentlife@conestogac.on.ca



Creating art while meditating

BY JULIE LUDWIG

Meditation and painting: What do they have in common? People put the answer at the Rochester-Waterloo Art Gallery on Jan. 22 at an event called Paths to Improved Creativity.

Kordene Vorne, interim public programs co-ordinator at RWAG, was the organizer for the event. Along with Ottawa-born and Muddy Alexander, facilitators of Sustainable Happiness Art Workshops, Vorne served guests to relax, meditate and create some art with water colours.

After the meditation, attendees were given a step-by-step guide and positive affirmations to help them learn how to do it. Each guest was given a card and a cup of water and took a seat in a table where supplies were waiting for them.

The hosts used a technique to help guide the guests through the activity. The process of watercolour painting was broken down into a couple steps. For the first step, everyone was given their cards and some tape. The tape was applied randomly across

the cards and then painted over along with the rest of the canvas. At the end, guests had the chance to remove the tape if they wanted to add some interesting patterns to the rest of the painting.

The rest of the steps were pretty straightforward. The second step was to choose three colours and the third was actually painting the tape on. After this, everyone was introduced to different watercolour techniques such as adding more water to make pale colours, blowing on the paint to direct its flow and using different amounts of water to create pressure to create texture or thicker lines.

One of the final steps was adding more extra colour to the works of participants thought their piece could still stand for some improvement, and they were introduced to the concept of Wabi Sabi. It was a complex explanation, but what it boils down to is there is beauty in imperfection. Wabi Sabi is a Japanese concept that might, for example, give a pot back together using golden glue to show the pot's beauty in its cracks.



PHOTO BY JULIE LUDWIG

Paths to Improved Creativity workshop attendees Nigel Strachan explains to his twin partner (center) and facilitator Kordene Vorne (right) how to be a member at the Rochester-Waterloo Art Gallery on Jan. 22.

And speaking of beauty, there are two more steps: thoughts about RWAG's work and then are determined by how much it costs to host an event. In this case, there were two rotations, seven guests and most of the resources were already available at the museum so there were only instructor fees and some print also

needed to buy, hence the low price of \$11. If you'd like to attend your own event at the Rochester-Waterloo Art Gallery, you can always find a list of events on their website or keep an eye on their Facebook finding any members there are multiple programs such as adult classes that can be found at www.rwag.ca/programs/Programs.asp

different skill sets. It's a fun and challenging experience."



More than
180
employers
attending



Get the App
P4E Career Fair Plus

A \$11 featured iPhone/iPad, Android and BlackBerry app that puts the power to you in your hands

P4E JOBFAIR

LARGEST OF ITS KIND IN THE COUNTRY

Wednesday, February 1, 2017
10am – 3:30pm | RIM Park, Waterloo

- Hundreds of jobs, one place, one time
- Hiring for full-time, summer, co-op and part-time jobs
- Free transportation to and from the Fair
- Admission is FREE for students and alumni of the four sponsoring institutions with student/alumni ID

Get a free
professional
headshot for
your online
profile

partners4employment.ca | #P4EFair

Leery of O'Leary

BY ROBERT JAMES

Recently television star, business mogul, right-wing politician and proponent of anti-racial media books. There are some of the candidates between Brian O'Leary and President Donald Trump.

On Jan. 18-O'Leary took to Facebook like Trump takes to Twitter to announce that he was running for the leadership of the Conservative Party of Canada.

"In a nutshell, I'm an O'Leary and as a law enforcement officer," O'Leary said. "The Conservative Party of Canada needs a steady state who can lead Justice Trudeau and bring back jobs in this country."

O'Leary and Trump have been successful businessmen, operating various companies, but both have also had bad news. What they are good at is sweeping their dirt under the rug.

Bellini was O'Leary's first company, which he started in the basement of his house on Toronto in 1980. By 1995 Bellini had acquired The Learning Company (TLC), adopting the name.

By 1996, TLC had over 3,000 employees and limited revenues of \$300 million. However, the company began suffering losses and continued to do so until 1999, with a total deficit of over \$1 billion.

Without conducting proper research, my non-educating company, Bellini Inc., purchased TLC in a bad deal in the spring of 1999 for approximately \$4 billion.

While O'Leary is no president of the digital division of Bellini, the company now continues to lose, which resulted in a realigning of the share price, leaving out \$1 billion in shareholder value.

In a January 2004 article in the National Observer, Brian Leary wrote: "Our secretary's husband says O'Leary coughed on his third kidney year before the house was announced when the stock was at its peak, pocketing almost \$5 million."

[It was] (with) 1998, when O'Leary appeared on the TV show *Dragon's Den*, that he became a household name. His plays of the stage, songs, always on the line and successful. Thanks like Trump. He was not able to be accepted as an entrepreneur. These products or services were garbage. Thanks like Trump.

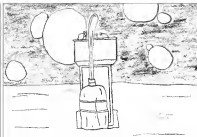
After being bankrupt in the U.S., so no should a entrepreneur O'Leary as president to know how Canadians will vote. We have until Oct. 31, 2015 (the next federal election date) to organize, educate and inform ourselves and make through the election that is sure to come.

The cover letters represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be edited for verification. No unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 200 Duce Valley Dr. Room 1030, Kitchener, Ont. N2G 4K4



Broom was elected to sweep away the previous government's policies. It's all he can do.

Go ahead and protest Trump's election, but make sure you do it peacefully

After a dramatic U.S. election President Donald Trump has finally entered the White House, which I am definitely not happy about. The only thing that kept me going was all the drama, was the Obama administration. I do not know how much the American people support Trump. I am sure that I lost every one of them.

With violent protests happening in the U.S. after Trump was sworn in, I wondered how many times that has happened in the past. The way we deal with our president is not perfect. To my surprise, not perfect—but the worst ones will go down in the American history books. A lot of people with glasses and suits replace our people's thoughts about Trump in these last Trump and we try to do it. Not every like him.

Signs read, Make America great again, Make America water again, Dump Trump, A vote for Trump is a vote for hate, and Hate has no place



Share Samir's opinion

in America.

When I was working on a Subway restaurant before the election, I had a customer walk in at 8:30 p.m. and I tried to have a conversation with her. She said she was from the U.S. I couldn't help but ask how things were going. She said she was in Canada because she didn't want to live in the U.S. of Trump was elected.

I want to know if Trump was elected how and where why citizens participate in violent protests. I was thinking of a woman and I was going to see during this. Trump and we are not going to be in a way. Peaceful protests are the way to go. What has been done in these American must continue.

the money and work together to make a better future. Even if that future is making Trump and all others not have a word.

I am a voter where a nation pulled the word "No" to lead in Trump's inauguration. Little did she know that the rest of the world is pulling with her.

“We need to come together and be a unified voice.”

The only thing which can be done right now is to stay together and be a unified voice. Not just one but the Trump's vision from in office. He needs it. I would be happy to hear the Obama administration as an example in the border of the country that I peacefully love us, to protect us from all the harmful things which are coming from the other side.

SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

Editor: David Hertz

Advertising Editor: Robert James

Advertising Manager: James Bell

Spoke Writers: Robert James, David Hertz, David Hertz

Photo

Production Manager: Matthew Thompson

Robert James

Photo Editor: (jointly) by Graham (Shane)

Adrian, Kevin Galt

Photo Editor: (jointly) by Graham (Shane)

Adrian, Kevin Galt

Editor: (jointly) by Graham (Shane)

Visual Media Editor: David Hertz, David Hertz

Robert James

Visual Media Editor: David Hertz, David Hertz

Robert James

Visual Media Editor: David Hertz, David Hertz

Robert James

Visual Media Editor: David Hertz, David Hertz

Robert James

Spoke's address: 200 Duce Valley Dr. Room 1030

Kitchener, Ontario, N2G 4K4

Phone: (519-344-5255) ext. (881), (882), (883)

Fax: (519) 344-5255

Email: spoke@conestoga.on.ca

Website: www.spokeon.ca

Photos and opinions expressed in this newspaper are not necessarily reflective of the views of Conestoga College. Spoke and our staff are not responsible for any damages arising from or actions taken against the content of this newspaper. Content may be subject to change without notice and should be read with a critical eye. All rights reserved. All rights reserved. All rights reserved.

HOROSCOPE Week of Jan. 30, 2017



Aries
March 21 - April 19



Libra
September 23 - October 23

Your charming, traditional and sense of adventure personality will lead you to new possibilities.

Balance is an important part of your life. If something in your life is unbalanced, find a way to balance the scales.



Taurus
April 20 - May 20



Scorpio
October 24 - November 21

You're strong, pretty tough and you are driven. Please be yourself and accomplishing your goals. This will help you find your dream future.

Guard your lucky stars. You should look into buying a scratch ticket or two. There is a good chance you may find yourself lucky very soon.



Gemini
May 21 - June 21



Sagittarius
November 22 - December 21

You think you're a smooth talker? Maybe you are! Use your people skills to start new friends, advance your goals and maybe even meet someone special.

It's your time to shine! Use your skills as a team player by helping your fellow classmates get the best marks they can achieve.



Cancer
June 22 - July 22



Capricorn
December 22 - January 19

There's a good chance you're dealing at odds with some things in your life. Don't worry, that's normal, all you have to do is keep forward and believe when it's right.

You have the personality and courage to take on big challenges. Don't let it make a difference whether it's on the public eye or on your personal life.



Leo
July 23 - August 22



Aquarius
January 20 - February 18

You are full of spirit, energy and excitement. Don't forget to take time out of your busy school or work life to have some fun and enjoy the little things.

Some may tell you not to think, but thinking is not bad. Take time to reflect on where you are in life and where you want to go.



Virgo
August 23 - September 22



Pisces
February 19 - March 20

Emotions and spiritual ideas run through all of us. Luckily, yours will be even stronger than everyone else's that is not.

You like to see the best in things, almost as if the best of things remain actually real to you. Make sure you understand what's real and what is not.



Connor and Gill cover they followed their shaving instructions.

Useless Facts

The volume of the earth's ocean is the same as the volume of the Pacific Ocean.

The only alcoholic animal not mentioned in the Bible is the cat.

Hydrogen gas is the least dense substance in the world, at 0.000090g/cm³.

The "round" key on your keyboard (R) is called an octastroph.

If you passed gas consistently for six years and rose monthly, enough gas is produced to circle the earth at an altitude of 100,000 miles.

Sudoku Puzzle

4			5		6			
			2	8				3
6	3	2		9		5	1	
		3				2	8	
8	4		2	3	1			6
1				7	5			
	5		7	6	9	4		
2			8					7
	7	1		4			8	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodate the digits 1-9, without repeating any.

Word Search

Super Bowl

R	U	H	S	R	E	K	C	A	B	E	N	J	L	I	E	WFF
E	L	W	U	Q	B	Q	B	A	T	T	R	A	P	D		PARTY
E	S	A	R	D	S	E	H	C	A	O	C	J	F	H	F	FANS
B	L	V	E	O	D	P	T	O	O	T	B	A	L	L	B	FOOTBALL
F	A	Q	E	X	Z	L	V	B	S	R	E	G	R	I	B	GOAL
E	L	T	Q	E	T	S	E	M	T	D	Q	G	A	N		STADIUM
J	C	H	O	M	O	X	R	Y	O	Q	U	M	Z	T	B	TAILGATING
E	R	N	M	U	U	I	F	E	A	Q	A	T	E	A	S	TOUCHDOWN
M	E	A	S	F	C	I	R	V	V	E	R	J	C	C	V	LINEBACKERS
D	M	C	Z	A	H	H	D	D	T	I	T	S	N	K	E	TROPHY
S	M	H	C	N	D	O	D	A	Q	Q	E	D	E	L	E	NACHOS
Z	O	Q	E	S	O	E	L	O	T	R	E	C	F	E	A	BEER
Q	C	S	A	I	W	D	A	F	W	S	B	I	E	Z	G	BEVERAGES
J	F	T	V	T	L	N	X	L	S	A	V	D	R	E		PARTY
H	T	H	P	O	R	T	X	P	O	M	C	P	R	U	S	TV
N	T	A	I	L	G	A	T	I	N	G	K	K	C	D	O	COMMERCIALS



Ephraim Strong's publishes in French beyond started newspaper on a regular basis. He also organizes adult novels and translations.

Students donate blood to save lives

BY ANN STEINBERG

A blood donation clinic held at Cambridge College in downtown London, Jan. 19 had 71 donor appointments pre-booked and also accepted walk-ins.

Annette Stordal, the clinic supervisor, has been with Canadian Blood Services for almost 20 years and knows her job.

"It's something I like doing because of helping others who need."

The staff were people to know how they got the process in and a volunteer supervisor who can decide to come in on weeks when no other permanent location at St. Elizabeth's Rd. E. at Weber Street.

Appointments: 2100

he booked online at www.blood.ca or by phone at 1-888-812-0667.

"I usually say in the line to sit out the door it takes an hour. The blood donation itself only takes five to seven, maybe 10 minutes," Stordal said.

The clinic was set up in the north gym, where the roof was high and the process was efficient. Donors came in the door to the first table to sign in and were directed smoothly through the necessary steps.

"There is an electronic questionnaire you have to do when you answer a number of health-related questions. We want to make sure that the donors are well themselves to donate the two ounces. Part of all we don't want to put their health at

danger by donating blood and we don't want to put a recipient's health at danger" said Stordal.

Next the donor is screened by staff and they go over the questions. They take the donor's blood pressure and temperature to make sure they are healthy and able to donate.

They had eight beds set up in a separate area, half for people donating and the other half for those receiving.

"Usually after they finish donating they wait for the machine. They need to put pressure on the arm where the needle was," Stordal said. "We ask them to stay at least 15 minutes for 15 to 20 minutes. We never push anybody out."

Donors can get a little light-headed after donating blood but staff is prepared to treat them quickly with some cool cloths and fluids. Most people are fine after donating.

"Generally all someone comes in when we'll hydrate and has had something to eat and drink about two hours before they donate. They don't really order anything" said Stordal.

It is especially important for people to donate blood in the winter. There are many students with the winter weather and poor road conditions that increase the need for blood. Also, people may not be able to make it to their appointments to donate if the weather is poor.

"In the winter collections are usually always down," Stordal said.

The people in the north gym who were there to donate all came for different reasons.

"It's interesting when I've talked to donors throughout my career here, there are a variety of reasons why people come. A lot of people come because they have known someone in their life who has required blood" said Stordal.

Some people do it to give back and donors like to know they are helping someone. The need for blood is always on hand up to three people.

The blood donated will be used within days or less, because blood only lasts about 45 days.

Debra Ann Spence, a Cambridge supervisor, firefighter, volunteer and (many) students, donated

blood at the clinic.

"We donated our blood a long time ago once here, and this was a very big day for all of us together and wanted to donate. This was my first time and just knowing that the three products could go and save three lives was really inspiring," he said.

Many people who donate have first-hand about the need for a blood transfusion or work in a medical field or work in the greater population. Some have family members and friends who needed blood, or they were taught to give by their parents.

Some were even recipients of blood themselves like Jordan Thorne, a student in the community integration through an open access education program.

"I'm a cancer survivor so I know what it's like to need a blood transfusion. I want to give back to other people," he said.

His first cancer diagnosis was 12 years ago and he has been cancer-free for seven years.

"My goal is to be a motivational speaker and inspire other people," Thorne said.



Photo by Jeff DeBruin/CS

Enayya Majeed, of Canadian Blood Services, donated up Benjamin Bayoumian, a pre-medical firefighter and education and training student, after he gave blood for the first time on Jan. 19.

STAG SHOP

adult for store

F@#%!

Flowers give them what they REALLY WANT

The Valentine's Day

2 Kitchener Locations

5 Manfou Drive 1055 Victoria St. N.
519.895.1036 519.742.9959

Cambridge

581 Hospital Rd.
519.824.9482

StagShop.com